

## 2026 State Individual Championships

# Athlete and Parent Information



*Thank you for registering to take part in the **2026 State Individual Championships**. To ensure you are well informed and get the most out of the event, please read **ALL** the information provided:*

- Event Name:** 2026 State Individual Championships.
- Date:** Saturday, 21 and Sunday, 22 March 2026
- Location:** SA Athletics Stadium - 145 Railway Terrace, Mile End SA 5031.
- Program:** To view the finalised program, please click [HERE](#). Please ensure you read this as there have been some changes made from the draft program.
- Uniform:** You are required to wear **FULL CENTRE UNIFORM**, including registration number & Coles age group patch. [CLICK HERE](#) to view the Uniform Regulations.
- Marshalling:** All athletes **must** marshal for their events at the **Call Room**.  
**Note that for this competition the Call Room is in the Change Rooms in the warm-up area.**

Marshalling times are:

- **Track - 15 minutes** before scheduled starting time
- **Field - 30 minutes** before scheduled starting time

**Being late or failure to marshal through the Call Room can result in a yellow card or disqualification from the event.**

**NOTE: Athletes should listen for any announcements over the PA for any changes to event start times.**

**Event Map:**

### ARRIVAL AT STADIUM

Athletes and families should aim to arrive at the stadium at least 1 hour before the scheduled starting time of their first event. Parking can be found at the Netball Stadium next door, at the Home Maker Centre on Richmond Road or in the surrounding side streets. Please be mindful if parking in the Bunnings carpark that it is now limited to 2hrs parking and parking fines may be given to those not adhering to the parking conditions.

### HOT WEATHER PROGRAM

If the temperature forecast by the Bureau of Meteorology ([www.bom.gov.au](http://www.bom.gov.au)), at 4:10PM on Friday (two days prior) is between 37°C and 40°C then the event will be

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conducted as a modified program. A separate modified program will be released should we require it closer to the date.

If the temperature reaches 41°C or above the event will be cancelled and rescheduled to the next available date if a date can be found.

### PARENT ASSISTANCE

Volunteers and parent assistance are a fundamental part of any Little Athletics centre meets. The State Individual Championships are no different and relies heavily on volunteers and parent assistance to operate.

Each Little Athletics centre has been allocated time slots for the varying events over the weekend. **Little Athletics SA ask that you please check with your centre coordinator, to see when your assistance is required.** Without the support of volunteers and parents, days like these could not be hosted for our wonderful athletes.

For those volunteering, our officials will provide you with a 'green vest' to wear while you are out on the track/field. It is also recommended that you bring sun protection items (hat, sunglasses, sunscreen, etc.) and a bottle of water with you. It is a requirement under the Work Health and Safety standards that anyone assisting are to wear **enclosed shoes**. Thongs and sandals cannot be worn on the field of play.

**Please note:** Volunteers are requested to arrive at their allocated site 15 minutes before the scheduled start time of their event to receive instructions from the chief official.

On behalf of Little Athletics SA staff and our Officials, your help and support are greatly appreciated!

### RULES OF COMPETITION

The State Individual Championships are conducted to the Little Athletics Australia *Standard Rules of Competition* and the Little Athletics SA *Competition Regulations 2025/26* as published on [salaa.org.au](http://salaa.org.au). These rules are based on the *World Athletics Competition and Technical Rules 2025 Edition*.

### CLASH OF EVENTS

When an athlete has a clash of events, they should let the Call Room Officials know when they are marshalling for their first event. **E.g., if you are marshalling for the Long Jump and have a 100m to go to during the event, tell the marshals so that they can make a note on the Long Jump sheet and the track sheet.** The officials at the event will let you go directly to the event when you are required - you will not need to go back to the Call Room.

A Team Manager or parent can also check in for you at marshalling if you are at another event when you are due to marshall.

NOTE: Events always take precedence over medal presentations.

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### COMBINED AGE GROUP EVENTS

Some events may be combined across age groups/gender. If so, separate medals will still be presented for each age group and gender. This is in line with LAA Rules.

### CONDUCT OF EVENTS

Laned track events are scheduled to have heats and a final for each age group, except where there were only sufficient entries to conduct a straight final. Where there are heats and finals, progression to the final will be as follows:

Number of Heats	Progression
2	First 3 in each heat, then next two fastest times
3	First 2 in each heat, then next two fastest times
4 or more	First in each heat, then next fastest on time to have eight finalists

Draws for the final will appear on the Live Results site approximately 30 minutes after the completion of the heats.

Note that under the hot weather program, track events will be held as timed finals.

For field events (other than high jump) all athletes will have three attempts, then the top eight athletes will have one additional attempt. The best performance over all four trials determines their place in the competition. Note that a countback as per Rule TR25.29 will be used in the case of equal placings. In combined age group events, the top eight athletes in each age group will receive an additional attempt.

For the high jump, the bar will start at a pre-determined height and be raised in 5cm increments until 6 athletes remain, then 3cm until 3 athletes remain, and then 2cm until the conclusion of the competition. In the case of equal performances, a countback as per Rule TR25.30 will be conducted to determine placings.

### PRESENTATIONS

Presentations will be held as soon as possible after each event concludes. The first call for athletes to go to medal presentation area will typically be about 30 minutes after the event. This allows time for results to be checked and time for any appeals.

Athletes will be called to the Medal Presentation Area. This will be located on the Field just past the podiums. Athletes should report to the Medal Presentation Area as soon as possible after being called over the PA.

If an athlete needs to leave the venue before the presentation, please advise the Medal Presentation Area so other athletes are not kept waiting.

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### MEDAL ENGRAVING

WM Custom Engraving will be onsite to engrave your winners' medals. For as little as \$10 you can get your medal engraved with the year, age group and event details. You can find WM Custom Engraving next to our merchandise partner at the front gate.

### UNIFORM

Correct centre uniform is required for all competitions. Uniform tops must have your current registration number & Coles age group patch securely attached.

Shorts must be in your centre's approved colour. They can have a small manufacturer's logo, no larger than 3cm x 3cm.

Athletes may wear undergarments underneath their approved centre uniform. Undergarment bottoms (leggings or bike shorts) must be the same colour as the approved centre shorts or black. Undergarment tops (long sleeve or t-shirts) must be the same base colour as the approved centre top or black or white.

Athletes may wear leggings of any length as an outer garment except where they impinge on the safety of the athlete in the event. If worn, they must be plain and the same colour as the approved centre shorts. For Race Walking events, where leggings are worn, they must be worn such that the action of the athlete's knees is clearly visible to the judges. See the Rules of Competition on the SALAA website for further information regarding exemptions from this rule.

Headwear worn during competition (i.e., while competing on the track or taking an attempt at a field event) may have a manufacturer's logo.

Correct centre uniform must be worn for all medal presentations.

Failure to wear correct uniform may result in a yellow card being shown or disqualification from the event.

### FOOTWEAR AND SPIKES

1. Footwear is compulsory for **ALL** athletes in **ALL** events.
2. All shoes must be a running style shoe. A running style shoe is one that encloses the foot and is fastened with laces and/or Velcro.
3. The wearing of footwear with blades or cleats constructed of hard plastic **WILL NOT BE PERMITTED**.
4. All spike shoes must be worn with all holes filled with a complete set of spikes, with no more than two blanks/slugs installed.
5. Spike shoes will only be permitted to be worn in the events listed in the following table:

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Age Groups	Track Events	Field Events
U9, U10	No spike shoes allowed	No spike shoes allowed
U11, U12	All events run entirely in lanes	All jump events & Javelin
U13-U17	All events except Race Walk	All jump events & Javelin

6. The permitted maximum length of spike allowed for age groups and events listed in the above table are listed in the following table:

<b>Maximum Length Allowed</b>	7mm
<b>Specialist High Jump/Javelin footwear with heel spikes</b>	9mm

7. Only spike designs known as a conical or pyramid ("Christmas Tree") will be permitted.



8. Note that there are variations of the "Christmas Tree" spike that are **NOT PERMITTED** at SA Athletics Stadium. These types have layers that look like an "inverted cone". These look like the following images:



9. Spike shoes must only be worn within the defined Competition Arena, or at the field event venue while the athlete is competing.

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**PLEASE NOTE:** Spikes must be removed before leaving the competition arena and must not be worn in the grandstand and surrounding areas.

10. Athletes must not wear spike shoes with spikes removed in any event.
11. Improper or incorrect wearing of spike shoes by an athlete, detected by officials will be referred to the Referee.

### STARTING BLOCKS

Starting blocks may be used by athletes in the U11 and above age groups. Athletes are expected to be able to set up their own blocks in a timely manner for the start of their race.

### STARTING

Athletes will be marshalled to a position 1-2 metres behind the start line. They should remain in this position until the starter calls "on your marks", at which time they should approach the start line and take their mark.

### TRACK RUNNING

For athletes running in races not run entirely in lanes, there are some important rules to be aware of. Please click on the below link for more information:

<https://salaa.org.au/wp-content/uploads/2026/01/Track-Running.pdf>

### FAILURE TO PARTICIPATE (FINALS)

Athletes who compete in the heats of an event and qualify for the final are expected to compete in the final. Athletes may withdraw from the final if they are ill or injured. Athletes must notify either the Administration marquee prior to the event, or the Call Room at the marshalling time, that they are withdrawing from the event. Failure to do so may result in the athlete being disqualified from competing in any further events.

### COACHING AREAS

Each field event site has a designated coaching zone which is marked with cones. Coaches (or parents acting as coaches) must remain within this zone and outside the fence. Athletes may go to the coaching zone to talk to their coach. Officials will indicate the coaching zone to all athletes at the commencement of the event. Athletes going to areas other than the designated coaching zone or receiving items over the fence are liable to a warning or disqualification by the referee.

### LONG JUMP BOARDS

Under 9 and Under 10 age groups will use the 50cm take-off mat, with the foul line set 50cm from the edge of the pit.

Under 11 to Under 17 age groups will use the fixed boards positioned 2m from the edge of the pit.

### YELLOW AND RED CARDS

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A Referee may show an athlete a yellow or red card. This would be for a breach of a technical rule, such as failing to go to the Call Room at the required time or wearing incorrect uniform. In some cases, a yellow card may be shown for disciplinary reasons.

A yellow card stays with the athlete throughout the competition. If they receive a second yellow card, this then becomes a red card, and the athlete will be disqualified and unable to compete in any events for the remainder of the competition.

In rare circumstances, a red card may be shown immediately in cases of extreme disciplinary issues.

### PROTESTS AND APPEALS

Protests concerning the result or conduct of an event may be lodged at this competition in the first instance to the relevant event referee. The protest must be lodged by the Centre Team Manager. Please approach the Administration marquee to facilitate protesting to the Referee.

An appeal to the Jury may only be made by a nominated Centre team manager. Appeals must be lodged on the required form which can be obtained from the Administration marquee. There is a \$50 fee for lodging an appeal.

### MOBILE DEVICES

Athletes must not bring mobile devices (phones, tablets, etc) onto the field of play. These should be left with a parent. Coaches may use a mobile device to show athletes pictures/video of their attempts at field events within the coaching area.

**Volunteers on the field of play are requested to not use their mobile devices while assisting at events.**

### FIRST AID

First Aid will be available in the First Aid room on the ground floor at the southern end of the grandstand. Athletes requesting strapping are advised they must supply their own tape.

### RESULTS

Live results can be found at <https://live.salaa.org.au/>.

Official results for this competition will be published on the Little Athletics SA website at [www.salaa.org.au/results/](http://www.salaa.org.au/results/) post event. In addition, results will also become accessible through Results HQ, within one week of the competition.

### PHOTOGRAPHY

We will have our volunteer photographers at this event. Parents may take photos/video from outside the field of play, in line with the SALAA Photography Standard. [SALAA Photography Policy](#)

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A link to access photos will be sent via email to all registered participants post event.

### MERCHANDISE AND ATHLETIC SUPPLIES

Our partners **Paladin** will be in attendance on the day of competition. They will be located at the entrance to the stadium next to the LASA Administration marquee. Event merchandise will be made available for purchase on the day. Pre-orders are not available.

### FOOD

The canteen will be open all day in the grandstand and will have a variety of food, drinks and snacks available. Alternatively, the Homemaker Centre on Railway Terrace has a café and Subway. Bunnings BBQ may also be running across the road.

### CERTIFICATES

Results are recorded centrally and issued to centres following the competition. Little Athletics SA supply each centre with electronic competition certificates to send to their members who participated on the day. The certificates will be distributed at the centres discretion.

### QUENCH BENCH

Quench Bench will be supplied by SA Water and is located at the northern end of the stadium near the tunnel and Administration marquee.



### SENSORY ROOM

The sensory room can be found next to the first aid room underneath the grandstand. To access the sensory, please head to the breezeway nearest the finish line and enter the grandstand from underneath the walkway. The sensory room will be on your left as you walk up the corridor. All children **MUST** be supervised in the sensory room. Any children caught in the Sensory room without supervision will be asked to leave.

### HIDDEN DISABILITIES SUNFLOWER

Little Athletics SA has partnered up with Hidden Disabilities Sunflower.

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The Hidden Disabilities Sunflower is a simple tool for you to voluntarily share that you have a disability or condition that may not be immediately apparent – and you may need a helping hand, understanding, or more time with doing things.

If you would like to use this tool, please head to the Little Athletics SA Administration marquee at the front gate and pick up your wrist band.